# 06/02/17-13/02/17 food consumption diary

## Monday 06/02/17-

Breakfast

* Ham and Cheese Baguette with apple juice from Greggs.
* Tall Latte from Starbucks.

Lunch

* 3 pieces of seed sensations toasted bread
* 2 slices of honey roast ham.
* 2 Sainsbury’s basic crumpets
* 1 green delicious apple.
* 1 bottle of Evian water

Dinner

* 2 pieces of seed sensations toasted bread
* 1 green delicious apple
* 1/3 of cucumber
* 2 celery stalks

## Tuesday 07/02/17-

Breakfast

* Harvester Breakfast ( 2 pork sausages, 2 bacon, chips, beans, 2 hash browns, fried egg)
* 3 cups of tea from Harvester

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 4 celery stalks
* 1 red pepper
* 2 spring onions
* 2 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 2 cups of tea (no sugar with skimmed milk)

## Wednesday 08/02/17-

Breakfast

* 2 Sainsbury’s basic crumpets
* 1 large toffee latte from McDonalds

Lunch (Unhealthy Meal per week)

* 1 large Papa John’s Pizza (Barbeque base, ham, chicken, onions)
* 1 bottle of Evian water

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 3 celery stalks
* 1 red pepper
* 2 spring onions
* 1 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 2 cups of tea (no sugar with skimmed milk)
* 1 green delicious apple

## Thursday 09/02/17(Chill day Per Week)-

Breakfast

* 1 sausage bap
* 1 large latte from McDonalds

Lunch

* 1 chicken, lettuce, bacon and tomato sandwich
* 1 McCoy paprika chrips
* 1 bottle of Evian water

Dinner

* 1 pouch of spicy Mexican rice (Uncle Bens)
* 3 celery stalks
* 1 red pepper
* 2 spring onions
* 1 tomatoes
* 1/3 cucumber
* 3 pieces of seed sensation toasted bread
* 2 pieces of honey roast ham
* 1 bottle of Strawberry flavoured water

Cinema

* 1 Large Coke Zero
* 1 McDonalds apple pie

## Friday 10/02/17-

Breakfast

* 2 Sainsbury’s basics crumpets
* 1 large McDonalds latte

Lunch

* 1 bacon bap
* Bounty trio chocolate
* 1 bottle of Evian water

Dinner

* McDonalds Spicy wrap meal
* 1 cheese burger
* 1 large Oasis drink
* Green apple

## Saturday 11/02/17 (Working from 12:00am- 11:00pm)-

Breakfast

* Regular Costa Latte
* Sainsbury’s Sausage Roll

Lunch

* Chicken, Tomato, Lettuce and bacon sandwich
* Prawn cocktail crisps
* 500ml bottle of Highland Spring water

Afternoon

* 2 latte’s from o2 (Working)
* 1.5 salted caramel & Belgian milk chocolate cookies
* 4 ginger nut cookies
* A few nachos with salsa dip.

Dinner

* 3 pieces of buttered toast
* 2 pieces of ham
* 1 cup of tea.

## Sunday 12/02/17 (Working from 12:00am- 10:00pm)

Breakfast

* Regular Costa Latte
* 1 strawberry and white chocolate cookie

Lunch

* Chicken Salad Sandwich with mayo
* 1 sensations crisps
* 1 bottle of High Land water.

Afternoon

* 1 strawberry and white chocolate cookie
* 5 chocolate and caramel cookies
* 1 KitKat bar
* A few o2 chips

Dinner

* 2 apples
* 1 toasted bagel